

**Basic Report 16044, Beans, pinto, mature seeds, canned, solids and liquids**

Report Date: May 01, 2015 20:32 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 240g	1 can 442g
<b>Proximates</b>				
Water	g	78.19	187.66	345.60
Energy	kcal	82	197	362
Protein	g	4.60	11.04	20.33
Total lipid (fat)	g	0.56	1.34	2.48
Carbohydrate, by difference	g	15.18	36.43	67.10
Fiber, total dietary	g	4.6	11.0	20.3
Sugars, total	g	1.02	2.45	4.51
<b>Minerals</b>				
Calcium, Ca	mg	47	113	208
Iron, Fe	mg	1.47	3.53	6.50
Magnesium, Mg	mg	33	79	146
Phosphorus, P	mg	92	221	407
Potassium, K	mg	276	662	1220
Sodium, Na	mg	268	643	1185
Zinc, Zn	mg	0.56	1.34	2.48
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	0.7	1.7	3.1
Thiamin	mg	0.052	0.125	0.230
Riboflavin	mg	0.016	0.038	0.071
Niacin	mg	0.268	0.643	1.185
Vitamin B-6	mg	0.074	0.178	0.327
Folate, DFE <sup>a</sup>	μg	24	58	106
Vitamin B-12	μg	0.00	0.00	0.00
Vitamin A, RAE	μg	0	0	0
Vitamin A, IU	IU	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.55	1.32	2.43

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0
Vitamin K (phylloquinone)	µg	2.1	5.0	9.3
<b>Lipids</b>				
Fatty acids, total saturated	g	0.123	0.295	0.544
Fatty acids, total monounsaturated	g	0.114	0.274	0.504
Fatty acids, total polyunsaturated	g	0.203	0.487	0.897
Cholesterol	mg	0	0	0
<b>Other</b>				
Caffeine	mg	0	0	0

**Footnotes**

<sup>a</sup> Mean value contains data based on the analysis of 5-methyltetrahydrofolate, 10-Formyl folic acid, and 5-Formyltetrahydrofolic acid plus total folate determined microbiologically

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